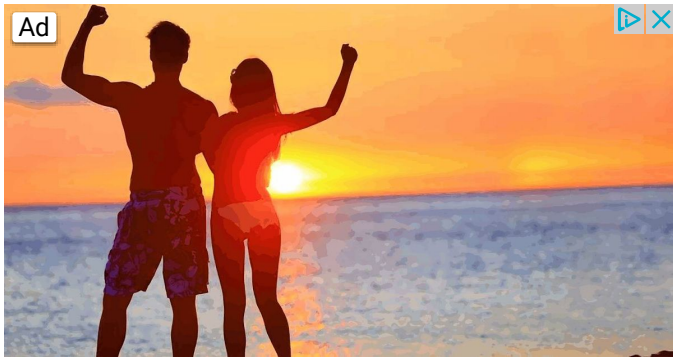


Home (<https://www.organicfacts.net>) › Fruits (<https://www.organicfacts.net/health-benefits/fruit>) › Papaya

13 Surprising Benefits Of Papaya (Pawpaw)



3 Foods to Remove from - The Fridge Forever



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The health benefits of papaya include better digestion (https://www.organicfacts.net/home-remedies/20-tips-to-improve-digestive-health.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), relief from a toothache, regulated menstruation, stronger immunity, weight loss (https://www.organicfacts.net/grief-loss.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), skin (https://www.organicfacts.net/home-remedies/10-best-foods-for-healthy-skin.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)

https://www.organicfacts.net/home-remedies/15-best-foods-for-a-healthy-heart.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) care, and a better heart

https://www.organicfacts.net/home-remedies/home-remedies-for-cancer.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) health. Papaya, also known as Carica Papaya, pawpaw or papaw is believed to prevent cancer (https://www.organicfacts.net/home-remedies/home-remedies-for-cancer.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks). No wonder, the fruit is quite popular for its high nutritive and medicinal value.

What Is Papaya?

Table of Contents

- What is Papaya?

Papaya is a cerise-orange colored juicy fruit, which is not only fragrant and delicious but also very healthy. It has been famous for hundreds of years and was once called the “fruit of the angels” by Christopher Columbus ([https://www.organicfacts.net/organic-products/organic-stores/columbus.html?](https://www.organicfacts.net/organic-products/organic-stores/columbus.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)

[utm_source=internal&utm_medium=link&utm_campaign=smartlinks](https://www.organicfacts.net/organic-products/organic-stores/columbus.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)).

Papaya is a natural source of vitamins

([https://www.organicfacts.net/health-benefits/vitamins?](https://www.organicfacts.net/health-benefits/vitamins?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)

[utm_source=internal&utm_medium=link&utm_campaign=smartlinks](https://www.organicfacts.net/health-benefits/vitamins?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)) and

minerals ([https://www.organicfacts.net/health-benefits/minerals?](https://www.organicfacts.net/health-benefits/minerals?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)

[utm_source=internal&utm_medium=link&utm_campaign=smartlinks](https://www.organicfacts.net/health-benefits/minerals?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)) that

are essential for the normal functioning of the body. It is famous for its luscious taste and sunlit color of the tropics and can be eaten as a fruit in the raw form, a smoothie, a milkshake, or as a vegetable

([https://www.organicfacts.net/health-benefits/vegetable?](https://www.organicfacts.net/health-benefits/vegetable?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)

[utm_source=internal&utm_medium=link&utm_campaign=smartlinks](https://www.organicfacts.net/health-benefits/vegetable?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)) in

various recipes.

Latex derived from the raw papaya fruit is used as a meat (https://www.organicfacts.net/health-benefits/animal-product/meat.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) tenderizer and is also used in the manufacturing of several cosmetic, skin, and beauty products, as well as certain chewing gums. They are available for consumption throughout the year.

- Health Benefits of Papaya
 - Aids in Digestion
 - Weight Loss
 - Prevents Infections
 - Relieves Toothache
 - Anticancer Properties
 - Skin Care
 - Improves Heart Health
 - Reduces Acne & Burns
 - Anti-inflammatory Effects
 - Treats Macular Degeneration
 - Treats Constipation
 - Regulates Menstruation
 - Prevents Arthritis
 - Improves Immunity
- Side Effects of Papaya

The whole fruit, including other parts of the tree, are beneficial to health in several ways. Papaya in raw form contains enzymes, which are used in the preparation of dietary supplements and chewing gums. Papaya is rich in antioxidant nutrients such as carotenes, flavonoids, and vitamin C (https://www.organicfacts.net/health-benefits/vitamins/health-benefits-of-vitamin-c-or-ascorbic-acid.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), as well as vitamin B

(https://www.organicfacts.net/health-benefits/vitamins/stocking-up-on-vitamin-b-rich-foods.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) (folate and pantothenic acid

(https://www.organicfacts.net/health-benefits/vitamins/vitamin-b5-or-pantothenic-acid.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)). It is also a good source of fiber

(https://www.organicfacts.net/health-benefits/other/health-benefits-of-fiber.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) and minerals such as magnesium

(https://www.organicfacts.net/health-benefits/minerals/health-benefits-of-magnesium.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks). Together, these nutrients help improve

cardiovascular health and protect against colon cancer (https://www.organicfacts.net/home-remedies/colon-cancer.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks).

Health Benefits Of Papaya

The health benefits of papaya include:

- Papaya helps in digestion
- It promotes weight loss (https://www.organicfacts.net/home-remedies/weight-loss.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)

https://www.organicfacts.net/home-remedies/weight-loss.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)

- It regulates menstruation
- It prevents infections
- It provides relief from a toothache
- It has anticancer properties
- It helps in skin care
- It improves heart health
- Papaya reduces the symptoms of acne and burns (https://www.organicfacts.net/burns.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)
- It has anti-inflammatory effects
- Papaya is good for macular degeneration
- It helps in treats constipation (https://www.organicfacts.net/constipation.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)
- It helps prevent arthritis (https://www.organicfacts.net/home-remedies/home-remedies-for-arthritis.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)
- It improves immunity

Let us look into these benefits in detail.

[➤ How To Lose Belly Fat In 1 Week](#)[➤ Hair Loss Treatments](#)[➤ Under Eye Bags Treatment](#)[➤ Lose Belly Fat In A Week](#)[➤ Lose 20 Pounds Fast](#)

Aids in Digestion

Papayas are commonly consumed for proper digestion. The presence of papain, a digestive super enzyme, improves digestion by breaking down proteins (https://www.organicfacts.net/proteins.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) and also cleanses the digestive tract. This ensures a reduced conversion of protein into body fat. If the protein in our diet is not digested properly, it may cause arthritis, constipation, diabetes ([https://www.organicfacts.net/diabetes.html?](https://www.organicfacts.net/diabetes.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)

[utm_source=internal&utm_medium=link&utm_campaign=smartlinks](https://www.organicfacts.net/diabetes.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)), high blood pressure, and other related health conditions.

Weight Loss

Papayas are also good for people who are trying to lose weight naturally. Having a bowl full of papaya as a mid-evening or mid-morning snack is good for health.

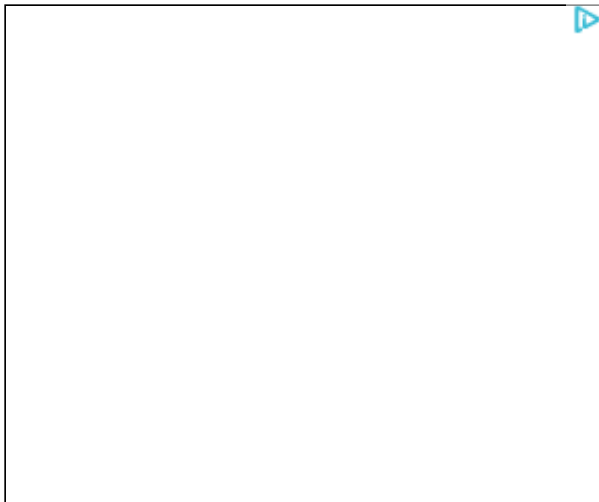


Prevents Infections

Papayas are effective (http://books.google.co.ke/books?id=tYg4bslFMS0C&printsec=frontcover&source=gbs_similarbooks_r&cad=2#v=onepage&q&f=false) for killing intestinal worms (https://www.organicfacts.net/intestinal-worms.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), thereby avoiding infections and complications associated with them.

Relieves Toothache

A paste of fresh papaya roots can be rubbed onto the teeth and gums to get relief from toothaches. The bark of the tree, primarily the inner bark, is also an excellent remedy for tooth problems. (Somonsohn, 2002).



Anticancer Properties

Researchers have discovered that papayas are effective against breast, pancreatic, and other cancers. A papaya leaf extract obtained from dried leaves produced anti-carcinogenic effects against tumor cells that were grown in the laboratory. It was observed in a study conducted by Dr. Nam Dang and his colleagues in Japan, that the effects were stronger when the cells were given larger doses of papaya leaf tea (https://www.organicfacts.net/tea.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks).

The scientists exposed different types of cancer-affected cells to different papaya leaf extracts and found that the growth of tumors slowed down. The fruit has gained credibility and has been used in many medicines for its anticancer powers.

Skin Care

Papayas can be great revitalizing agents, which is why they are used in many cosmetics. Also, papayas are used in homemade face masks by many women. The papain in them kills dead cells and purifies the skin. The beneficial properties and the healing (https://www.organicfacts.net/home-remedies/foods-for-healing-wounds.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) enzymes present in papaya help treat sunburn ([https://www.organicfacts.net/sunburn.html?](https://www.organicfacts.net/sunburn.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)

[utm_source=internal&utm_medium=link&utm_campaign=smartlinks](https://www.organicfacts.net/sunburn.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)) and irritated skin. A good facial massage ([https://www.organicfacts.net/massage.html?](https://www.organicfacts.net/massage.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)

[utm_source=internal&utm_medium=link&utm_campaign=smartlinks](https://www.organicfacts.net/massage.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks)) using papaya is a fabulous remedy to remove dead cells. If you are a person who spends most of the time outdoors, then papayas can be a great help, as papayas fight free radicals that age your skin. The peels of papayas are also used to rub on the face and hands for healthy skin. Papayas are also used to treat skin disorders (<http://books.google.co.in/books?id=9vKsgcO-5ioC&pg=PA2&lpg=PA2&dq=Skin+Saver+Remedies,+Harald+Tietze+Publishing,+Bermagui+NSW,+Australia.&source=HH7h5R3ddPuDU8&hl=en&sa=X&ei=2-UUUUKOAG4bJrQexjYH4Cg&ved=0CDoQ6AEwAQ#v=onepage&q=Skin%20Saver%20Remedies%2C%20Harald%20Tietze+eczema>)

([https://www.organicfacts.net/eczema.html?](https://www.organicfacts.net/eczema.html?utm_source=onesignal1feb18)

utm_source=internal&utm_medium=link&utm_campaign=smartlinks), psoriasis (https://www.organicfacts.net/home-remedies/psoriasis-home-remedies.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), etc.

Improves Heart Health

The seeds (https://www.organicfacts.net/health-benefits/seed-and-nut?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) of papayas are good (http://books.google.co.ke/books?id=tYg4bslFMS0C&printsec=frontcover&source=gbs_similarbooks_r&cad=2#v=onepage&q&f=false) for a healthy heart. Having three powerful antioxidant vitamins, namely vitamin A (https://www.organicfacts.net/health-benefits/vitamins/health-benefits-of-vitamin-a-or-retinol.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), C, and E, means papayas are helpful in preventing problems such as atherosclerosis (https://www.organicfacts.net/home-remedies/atherosclerosis.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) and diabetic heart diseases. The presence of pro-carotenoid phytonutrients helps prevent oxidization of cholesterol in the body. When oxidation of cholesterol takes place, it sticks to the walls of the blood vessels and forms plaque that can lead to heart attacks and strokes. Vitamin E (https://www.organicfacts.net/vitamin-e-tocopherol.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) and vitamin C obtained from papayas help in preventing the cholesterol from sticking to the walls, thereby keeping your heart healthy. As a good source of fiber, papayas also help reduce the LDL cholesterol levels (https://www.organicfacts.net/health-benefits/other/cooking-methods-cholesterol.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks).

utm_source=internal&utm_medium=link&utm_campaign=smartlinks) in the body. Include papayas in your daily diet as a mid-evening snack to keep your heart young. It also helps in (<https://www.ncbi.nlm.nih.gov/pubmed/20041780>) treating sores, wounds, and ulcers.

Reduces Acne & Burns

The latex (http://books.google.co.ke/books?id=tYg4bslFMS0C&printsec=frontcover&source=gbs_similarbooks_r&cad=2#v=onepage&q&f=false) obtained from papayas is used to treat the areas on the skin affected by acne. The fleshy side of the papaya skin can be used as a mask to cure acne. A diet which includes papayas will help cure the condition internally, making the skin clear. Got a burn? Use papaya. When the latex from the fruit is applied on burnt area, it helps in reducing the marks caused due to the burn.

Anti-inflammatory Effects

The enzymes present in papayas, especially the papain and chymopapain, reduce the inflammation in different parts of the body.

Treats Macular Degeneration

Macular degeneration is a disease of the eye. In this condition, the ocular cells degenerate, which results in blurred vision and can cause blindness as well. This is an age-related illness and adding papayas to the diet is beneficial for reducing the risk of developing macular degeneration. An antioxidant named beta-carotene gives papaya its orange color. Just as carrots (https://www.organicfacts.net/health-benefits/vegetable/carrots.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) help improve the eyesight due to the

presence of beta-carotene, papayas are also known to be effective in reducing the effect of macular degeneration. According to a study published in the Archives of Ophthalmology, a consumption of 3 or more servings of this fruit on a daily basis may lower the risk of age-related macular degeneration (ARMD).

Treats Constipation

The presence of folate, vitamin C, and vitamin E in papayas reduces motion sickness by producing a tonic effect in the stomach and in the intestines. Papaya juice and the ripened form of papaya also aid in digestion. The fiber obtained from the fruit helps increase bowel movements. Improved bowel movements help ease the passage of stool, thereby reducing the effects of constipation (Pinoy B. 2010).

Regulates Menstruation

Papaya juice can be of great help for women with irregular menses. Consumption of green, unripe papayas can normalize the irregularity in one's periodic cycle. Papayas are considered (http://books.google.co.in/books?id=uCPGj8sdS_8C&pg=PA2&lpg=PA2&dq=Papaya+the+Medicine+Tree,+Harald+Tietze+Publishing,+Bermagui+NSW,q&sig=qMhlfX6UsocEZEol1sNaZMQiQBQ&hl=en&sa=X&ei=teYUUNHsE8KJrAftxYDoCg&ved=0CDwQ6AEwAQ#v=one) a 'hot food' (https://www.organicfacts.net/food.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), meaning that they produce heat in the body. This excessive production of heat in the body stimulates the estrogen hormone. This induces periods in the females. Hence, papayas can be beneficial in handling difficult menses.

Prevents Arthritis

Papayas have been known to be effective against rheumatoid arthritis and osteoarthritis. One of the enzymes found in papayas, called chymopapain, has a significant effect on controlling rheumatoid arthritis and osteoarthritis.

Improves Immunity

Papaya consumption has also been linked an improvement in the immune system of the body. Research conducted by Hiramoto, Imao, Sato, Inoue, and Mori from Japan is a proof that the antioxidants present in papaya play an important role in improving the immunity of people.

Flowers and roots of the plant have been proven to be beneficial against jaundice (https://www.organicfacts.net/home-remedies/jaundice-prevention-symptoms-treatment.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), bronchitis (https://www.organicfacts.net/bronchitis.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), kidney colic, and other illnesses.

HEALTH BENEFITS OF PAPAYA

Nutrients*

Dietary Fiber 7%
Carbohydrate 3%
Calories 2%

Vitamins*

Vitamin C 103%
Vitamin A 22%
Folate 10%

Minerals*

Potassium 7%
Magnesium 2%
Calcium 2%

*% Daily Value per 100g. For e.g. 100g of papaya provides 103% of daily requirement of vitamin C.



Fights cancer



Helps lose weight



Reduces acne & burns



Relieves toothaches



Regulates menstrual cycle



Treats macular degeneration



Boosts digestive health



Improves immunity & heart health



Effective against intestinal worms

Caution: Avoid intake during pregnancy

www.organicfacts.net

Side Effects Of Papaya

Consumption of papaya in normal amounts is recognized safe by FDA. However, there are certain side effects of consuming papaya.

Pregnant Women: Papaya is classified as being harmful during pregnancy. It is considered as a 'hot' fruit. Latex, present in high concentrations (https://www.organicfacts.net/home-remedies/11-ways-to-improve-concentration.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) in raw and semi-ripe papayas, causes uterine contractions which might lead to abortions. Avoid eating raw papaya if you are pregnant.

Gastrointestinal Irritation: Consuming too many papayas can cause a powerful laxative effect in the intestines. Avoid eating large quantities of papaya, especially if it is in its raw form. Unripe or raw papaya can cause pain in the intestines or stomach and can sometimes cause esophageal perforations.

Also see

- [Papaya Juice: Benefits, Recipe & Side Effects](https://www.organicfacts.net/papaya-juice.html?utm_source=internal&utm_medium=link&utm_campaign=also-see) (https://www.organicfacts.net/papaya-juice.html?utm_source=internal&utm_medium=link&utm_campaign=also-see)
- [Epsom Salts – 8 Amazing Benefits & Uses](https://www.organicfacts.net/epsom-salts.html?utm_source=internal&utm_medium=link&utm_campaign=also-see) (https://www.organicfacts.net/epsom-salts.html?utm_source=internal&utm_medium=link&utm_campaign=also-see)

Seeds: The black seeds of the papaya contain traces of an enzyme called carpine, which is a potentially toxic substance. According to the International BioPark Foundation's information about medicinal plants of the Peruvian Amazon, this enzyme can make the nerve centers numb, which could lead to paralysis or cardiac depression (https://www.organicfacts.net/home-remedies/home-remedies-for-depression.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks). In some cases, the narrowing of blood vessels is also seen, which is caused due to carpine.

Quick Tips to Enjoy Papayas:

- Pieces of papaya, when soaked with a bit of lemon (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-lemon.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) juice and honey (https://www.organicfacts.net/health-benefits/health-benefits-of-honey.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), are an absolute treat for the taste buds.
- Blend papayas, strawberries (https://www.organicfacts.net/health-benefits/fruit/strawberries.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), and yogurt (https://www.organicfacts.net/yogurt.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) for a cold soup treat.
- Add a slice of papaya to a fresh fruit salad and have it as a snack.
- Have a bowl of fresh, ripe papaya along with your breakfast to add calories that you require for the day.

+ References

Article last updated on February 01, 2018 by OrganicFacts (<https://www.organicfacts.net/>)

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3 Fatigue-Causing Foods

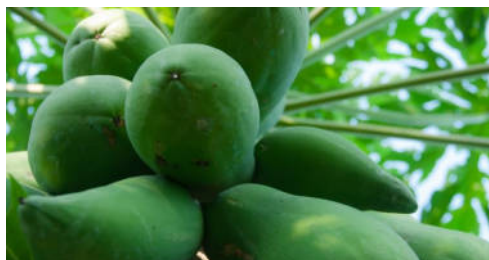
Green Papaya (Unripe Papaya): Nutrition & Benefits

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Papaya Juice: Benefits, Recipe & Side Effects

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3 Foods to Remove from - The Fridge Forever

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A (<https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-30292>)
Avra NS
 © 1:34 am December 4, 2017

Nice...

   +1

Reply

p (<https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-30164>)
Papaya care
 © 11:34 pm November 12, 2017

Thank you for sharing health benefits of Papaya. Papaya is also benefit for our senior's health. Reduce the Signs of Aging, Heart Disease Protection, Immune System Booster, Inflammation Reduction, Digestive Assistance, Better Eye Health, Diabetes Management and Stress Reduction.

   +1

Reply

J (<https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-28585>)
Li Nguyễn Phước
 © 12:00 pm March 2, 2017

LOVE PAPAYA. I'M GRATIFIED EATING THE FRESH PRODUCE INSTEAD OF TAKING ITS PILL.

  Reply

K (Khusnul Khotimah) (<https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-26135>)
© 3:35 am April 9, 2016

In addition to cheap and easily obtainable, it turns out that an awful lot of the benefits of papaya fruit.
Thanks, useful article

  Reply

k (kiran224) (<https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-26754>)
© 2:36 am May 19, 2016

Thanks Khusnul for your feedback

  Reply

s (shedacares) (<https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-25909>)
© 5:36 am December 19, 2015

papaya is not a very known and well commercialized fruits.the best way to consume this product is to turn it into a capsule or tablet, Mimonis has just done that.You won't have a hard time buying, peeling, and removing those seeds and still get the vitamins, minerals, and all other health benefits of papaya in a bottle. Try mimonis' product, DIGESTIC!

  Reply

B (BLADAYADA) (<https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-21650>)
© 4:10 pm June 9, 2015

No doubt papaya is a healthy powerhouse, but a little confusion here. In one paragraph it says papaya seeds are good for the heart and another paragraph says the enzyme carpine can be toxic.

   +30 [Reply](#)

J (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-29970) Jacqueline Jones
 10:33 am October 8, 2017 (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-29970)

Read the same thing

  [Reply](#)

J (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-29969) Jacqueline Jones
 10:31 am October 8, 2017 (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-29969)

BLADAYADA I noticed the same thing so which one

  [Reply](#)

D (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-11519) Dinesh
 12:50 am October 4, 2014 (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-11519)

WOW... thank you (organicfacts.net) guys for all this valuable information and knowledge. Its a request if you can mention some, if not all the source of information for all these articles. Thank you.

  [Reply](#)

M (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-12834) Meenakshi Nagdeve
 1:32 am October 21, 2014 (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-12834)

Hi Dinesh,

The links of sources are there in the article itself.

Regards,

Team Organic Facts

   +1 [Reply](#)

o (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-4630) 3:01 pm November 1, 2013 (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-4630)

I plan to get some papaya. Thank you.

+ - Reply

o (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-22425) 3:01 pm November 1, 2013 (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-22425)

I plan to get some papaya. Thank you.

+ - || +2 Reply

A (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-1200) 5:27 pm May 6, 2013 (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-1200)

I eat papaya everyday, because I have five trees and they are full of fruit.I saw the difference since I started eating it.

+ - || +4 Reply

J (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-1201) 10:52 am May 7, 2013 (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-1201)

You've actually got 5 Papaya trees?

+ - || +2 Reply

L (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-1199) 9:20 am August 20, 2012 (https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-1199)

yes papaya is delicious with lemon juice...

+ - || +1 Reply

W Wendy Wilson
10:42 am August 17, 2012 (<https://www.organicfacts.net/health-benefits/fruit/health-benefits-of-papaya.html#comment-1198>)

I USE TO IGNORE IT WHEN IT GROW IN MY BACKYARD AND NOW I APPRECIATE IT.:)



+4

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